

*AMENDMENTS TO THE CLAIMS*

This listing of claims replaces all prior versions, and listings, of claims in the application.

1-24. (Cancelled)

25. (New) In a method for alleviating snoring by lubricating or moisturising the mucosa of the nose or throat of a human or animal subject by application thereto of at least one lubricant or moisturizer, the improvement comprising:

preparing a plurality of multilamellar microparticles, the microparticles incorporating the said at least one lubricant or moisturizer,

each microparticle having a positive surface charge;

distributing the multilamellar microparticles in a liquid base to form a liquid composition; and

providing the liquid composition for oral or nasal delivery to the said mucosa.

26. (New) The method of claim 25, wherein the at least one lubricant or moisturizer is a natural oil.

27. (New) The method of claim 25, wherein the microparticles additionally incorporate at least one nasal decongestant.

28. (New) The method of claim 25, wherein the microparticles additionally incorporate at least one ingredient with anti-histaminic action.

29. (New) The method of claim 25, wherein the microparticles incorporate at least one ingredient selected from hyaluronic acid; sodium hyaluronate; glycerol; *Calendula officinalis* flower extract or glycerin extract; guar hydroxypropyltrimonium chloride; xanthan gum; cellulose gum; sodium chloride; olive oil; sunflower oil; sweet almond oil; sesame oil; *Aloe vera*; *Aloe barbadensis*; *Euphorbium officinarum*; oxymetazoline hydrochloride; lactoperoxidase; *Thymus vulgaris*; menthol lactate; *Mentha piperita*; any other mint or peppermint derivative or extract; *Lavendula augustifolia*; a lavender derivative or extract;

phenylephrine hydrochloride; pseudephedrine; ascorbic acid; acerola; *Rumex crispus*; eucalyptus oil; levmetamfetamine; propylhexedrine; xylometazoline hydrochloride; zincum gluconicum; menthol; eugenol; cineol; rosemary oil; summer savory oil; wild thyme oil; firtree oil; *Lavendula vera* oil; geranium oil; cinnamon oil; hawthorn extract; rose hips extract; cypress oil; grapeseed oil; vitamin E, and combinations thereof.